

Mood Journals – May 2006

Medication / Dosage	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1		2	3	4	5	6
	7	8	9	10	11	12	13
	14	15	16	17	18	19	20
	21	22	23	24	25	26	27
	28	29	30	31			

Mood Level

Too High

Normal

Very Depressed

Too High

Normal

Very Depressed

Too High

Normal

Very Depressed

Too High

Normal

Very Depressed

Too High

Normal

Very Depressed